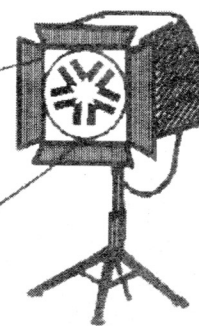


DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XVII, ISSUE 11

A newsletter for D.C. Seniors

November 2002

EXECUTIVE DIRECTOR'S MESSAGE



By E. Veronica Pace

November is National Family Caregivers Month and an appropriate time to honor the hundreds of spouses, daughters, sons, grandchildren and others who assist seniors in remaining in their homes. Caregivers are the backbone of our health care system because of the personal care they provide to older persons.

Edward Walker, an 80-year-old caregiver for his wife, shared with my staff that he "felt fortunate to have his wife a part of his life for all these years, and that is why I take care of her now."

Flora Walker suffered a stroke and has some physical limitations that make activities of daily living more difficult. She attends Downtown Cluster's Geriatric Day Care Center daily, where she participates in activities with other seniors.

"I was so happy when I found Downtown Cluster's. They are very compassionate, and they are concerned about the elderly," Mr. Walker said. "Everyday she is picked up, and her whole attitude changes in the morning. She loves the center, and I can see the results of it. They love her, and she loves them."

Flora Walker raised two daughters and worked for approximately 30 years along with her husband for the Department of Defense. She worked with the Navy in administration, and he worked for the Army as a draftsman. He is proud to say that he "opened the Pentagon."

Mr. Walker says his daughters are very helpful in the care of their mother and good at planning. Many caregivers are not as fortunate as Mr. Walker and don't receive assistance when caring for their loved ones. All caregivers should utilize the Office on Aging's programs to aid their caregiving. The office will also host a National Caregivers Information Fair on Wednesday, November 13 from 10 a.m. to 3 p.m. in the lobby of One Judiciary Square, 441 Fourth St., N.W.

D.C. Office on Aging National Family Caregiver Support Program

What is the National Family Caregiver Support Program?

The U.S. Administration on Aging National Family Caregiver Support Program was established by the Older Americans Act, as amended in 2000, by Title III-E. The funds the D.C. Office on Aging receives for this program are to address the needs of caregivers and to support them in their caregiving responsibilities.

Who is considered a caregiver in the District's program?

The caregiver is the customer who benefits from the initiatives funded by Title III-E. Caregivers may be family caregivers of older adults, or grandparent or relative caregivers. Caregivers must reside in the District of Columbia.

Family Caregivers of Older Adults

Family caregivers are the primary, unpaid caregivers of District residents 60 years of age or older. They provide informal in-home and community care to older individuals.

The informal caregiver may be an adult child, spouse, sibling, friend or neighbor of the elder receiving the care. The caregiver

need not live with the care recipient.

Grandparent or Relative Caregiver

A small percentage of the funds may be used to support grandparents or older individuals who are relative caregivers of children under the age of 19. The grandparent or relative caregiver must be 60 years of age or older and reside in the District with the child for whom they have primary responsibility.

What are the District's caregiver initiatives for FY 2003?

Some of the caregiver initiatives recently funded by the Office on Aging include:

- Extended Day Care Hours
- D.C. Caregiver Institute
- Caregiver Education
- Caregiver Focus Groups
- Spring Cleaning Services for Caregivers
- Caregiver Respite Services
- Enhanced Caregiver Case Management
- Caregiver Stipends
- Grandparents' Camp

The D.C. Office on Aging is proud to list in this issue of "Spotlight on Aging" programs and services for caregivers of District residents 60 years of age or older. Downtown Cluster's is one of several geriatric day care programs available for senior District residents. The names and contact numbers of all programs useful to the caregiver are listed on page 51. These programs are funded by the Office and provided by organizations within the community known as the Office on Aging Senior Service Network.

Also in this issue, we have photos from our recent Salute to District of Columbia Centenarians. Many of

these residents, who are 100 years of age and older, are able to remain in their homes thanks to our programs and their informal caregivers.

In particular, the oldest centenarian honored at our event, Grace Washington, 106, was fortunate to remain in her home until she was approximately 102. We received information from the Department of Consumer and Regulatory Affairs that she had a license of cosmetology in the District as early as 1938. She worked as a beautician for about 30 years. She was also an organist. She says, "Music is like medicine — it lifts you up!"

CAREGIVERS FAIR

Are you caring for an older relative or friend in the District? Do you need help accessing services? Come to the National Caregivers Month Information Fair sponsored by the D.C. Office on Aging and the Senior Service Network to find out what services and programs are available to assist caregivers of persons 60 years of age and older who reside in the District.

Wednesday, November 13, 10 a.m. to 3 p.m.
One Judiciary Square Lobby
441 Fourth Street, N.W.
For more information, call 202-724-5626.

It's never too late to start a life.
 It's never too late for Recovery.

Addiction Prevention and Recovery Administration.

1-888-7-WEHELP



Government of the District of Columbia
 Anthony A. Williams, Mayor

James A. Buford
 Interim Director, District of Columbia
 Department of Health



GOVERNMENT OF THE DISTRICT OF COLUMBIA

ANTHONY A. WILLIAMS, MAYOR

D.C. OFFICE ON AGING NEWSLETTER

Community Calendar

November events

14th • 11 a.m. to 1 p.m.
Dwelling Place Senior Center, 2812 Pennsylvania Avenue, S.E. will hold its annual yard sale. All are welcome to attend. If you have any questions, call 202-582-7138.

14th • 9 a.m. to 5 p.m.
Senior Citizens Counseling and Delivery Service is going shopping at Potomac Mills. Get an early start on your holiday shopping. Join them as they take advantage of the many discounted outlet stores at this mega mall. Bus leaves from the center, 2451 Good Hope Rd., S.E. at 9 a.m. Cost is \$10. For more information, call 202-678-2800.

19th • 9 a.m. to 5 p.m.
Try your luck at the Midway slots. The bus will be departing from the Columbia Senior Center, 1250 Taylor St., N.W. Donation is \$10 and includes a buffet lunch. For more information, call Monica Carroll at 202-328-3270, ext. 11.

20th • 1 p.m.
Senior Citizens Counseling and Delivery Service center hosts a workshop that addresses insomnia, sleep deprivation and other sleep disorders. This free event will be held at 2451 Good

Hope Rd., S.E. For details, call 202-678-2800.
21st • 10 a.m. to 2 p.m.
The Greater Washington Urban League, Inc., Division of Aging Services invites you to attend its Annual Thanksgiving and Volunteer Luncheon at the D.C. Armory. Call Vivian Grayton for tickets and information, 202-529-8701 .

22nd • 1 p.m.
A program on fire safety tips for seniors will be held at the Senior Citizens Counseling and Delivery Service Center, 2451 Good Hope Rd, S.E., Learn how to safely decorate your home during the holidays. This event is free. For more information, call 202-378-2800.

23rd • 8:30 a.m. to 10 p.m.
See the musical *Harlem Song* with Senior Citizens Counseling and Delivery Service center. Don't miss this foot-stomping musical appearing in Harlem, New York at the Apollo Theatre. Cost is \$90 and includes tickets to the show and transportation. Enjoy lunch at Sylvia's Restaurant (not included in price). Departing from 2451 Good Hope Rd., S.E. at 8:30 a.m. Call now to reserve your seat, 202-678-2800.

23rd • 7 to 11 p.m.
Columbia Senior Center Dancers will be performing the opening number at the Show Place Arena. Do-

nation: \$35. The concert also features Midnight Star, Lakeside, Bloodstone and HeatWave. For tickets and address, call Monica Carroll 202-328-3270, ext. 11.

26th • 1 p.m.
Columbia Senior Center will host a free Thanksgiving concert. The concert will be held at 1250 Taylor St., N.W. To reserve your seat, call Monica Carroll, 202-328-3270, ext. 11.

December events

6th • 8:30 a.m. to 9:30 p.m.
Go to the "Christmas Spectacular" at Radio City Music Hall. Join the Senior Citizens Counseling and Delivery Service center as they travel to the Big Apple to see this exciting holiday musical stage show with the famous Rockettes. Cost: \$80 includes transportation and tickets to the show. Lunch is on your own. The bus will leave from 2451 Good Hope Rd., S.E. For reservations, call 202-678-2800.

19th • 11 a.m. to 2 p.m.
Mayor Anthony A. Williams and the D.C. Office on Aging will present the Annual Seniors' Holiday Celebration at the D.C. Armory. Call today for free tickets, 202-724-5622.

Guide to Services for Caregivers
Provided by the D.C. Office on Aging

GERIATRIC CASE ASSESSMENT/
CASE MANAGEMENT
PROJECTS

These programs focus on the frail/vulnerable elderly by linking them with needed services at the appropriate time in the least restrictive setting in order to postpone, or in some cases eliminate, the need for institutionalization. There are five sites:

Family and Child Services of Washington, D.C., Inc.
929 L Street, N.W., Washington, D.C. 20001
Service Area: Citywide
Contact: Project Director, 202-289-1510, ext. 180

IONA Senior Services
4125 Albemarle Street, N.W., Washington, D.C. 20016
Service Area: Wards 1 (*Kalorama Heights*), 2 (*Foggy Bottom and Dupont Circle Areas*), and 3
202-895-0234

George Washington University
2300 K Street, N.W., Rm. 1071 Washington, D.C. 20037
Service Area: 3-mile radius of GWU and upper part of Ward 3
202-994-7773

Greater Washington Urban League
2900 Newton Street, N.E., First Floor Washington, D.C. 20018
Service Area: Wards 2 and 5
202-529-8701

UPO/Project KEEN Comprehensive Assessment and Case Management
R. Waldo "Petey" Greene Community Center 2907 Martin Luther King Jr., Ave., S.E. Washington, D.C. 20032
Service Area: Wards 6, 7 and 8
202-562-2542

DAY CARE
Day care programs provide personal care for dependent individuals at risk of institutionalization. Services may include medical, social, therapeutic, and recreational support in a supervised setting. Meals and transportation are provided.

Washington Center for Aging Services
Center Care Day Treatment Program 2601 18th Street, N.E., Washington, D.C. 20018
202-541-6150, Fax: 202-526-7982

Downtown Cluster's Geriatric Day Care Center
900 Massachusetts Avenue, N.W. Washington, D.C. 20001
202-347-7527, Fax: 202-347-6983

IONA Senior Services Day Health Center Program
Isabella Breckinridge Center 4125 Albemarle St., N.W. Washington, D.C. 20016
202-895-0238, Fax: 202-362-5232

Senior Citizens Counseling & Delivery Service
Geriatric and Alzheimer Adult Day Care Center 2B #4 D.C. Village Lane, S.W. Washington, D.C. 20032
202-645-4348, Fax: 202-561-4156

Zion Baptist Church
Genevieve N. Johnson Senior Day Care Program 4817 Blagden Avenue, N.W. Washington, D.C. 20011
202-723-8537

IN-HOME & COMMUNITY-BASED RESPITE SERVICES
Healthcare services are provided to help seniors in the community maintain their independence and avoid premature institutionalization. This is achieved through the study, prevention, screening, evaluation and treatment of people with illnesses, injuries or disabilities.

AL-C*A*R*E* Home Care Partners
Alzheimer's Disease Program 1234 Massachusetts Avenue, N.W. West Building Washington, D.C. 20005
202-638-2382, Fax: 202-638-3169

Family & Child Services of Washington, D.C., Inc.
Alzheimer's Weekend Socialization and Respite Program Model Cities Senior Center 1901 Evarts Street, N.E., Washington, D.C. 20018
202-635-1900

Family & Child Services of Washington, D.C., Inc.
Heavy Housekeeping Services 929 L Street, N.W., Washington, D.C. 20001
202-289-1510, ext. 180

Home Care Partners
1234 Massachusetts Avenue, N.W. Room 1015 Washington, D.C. 20005
202-638-2382, Fax: 202-638-3169

UPO/Project KEEN Comprehensive Senior Services
Upper Room Baptist Church 60 Burns Place, N.E., Washington, D.C. 20019
202-388-4280

UDC – Institute of Gerontology
Senior Companion/Respite Care Program 4340 Connecticut Avenue, N.W. Building 52, Second Floor Washington, D.C. 20009
202-274-6697 Fax: 202-274-6605

SOME, Inc. (So Others Might Eat)
Southeast Caregivers Program 4609 Benning Road, S.E., Washington, D.C. 20019
202-581-8000 Fax: 202-581-5749

D.C. Parks and Recreation
Project SCORE United Generations Camp (*one week in the summer*) 4301 Connecticut Ave, N.W. Washington, D.C. 20008
202-282-0754

Home-Delivered Meals
This program prepares and delivers hot meals to elderly and disabled individuals who are unable to shop for and/or prepare the food themselves, or travel to a site where a meal is being served. This service is also available on weekends.

All meals contain 1/3 the recommended daily allowance of nutrients. Six Lead Agencies serve as coordinators for their respective service areas:

Barney Neighborhood House Senior Program
504 Kennedy Street, N.W. Washington, D.C. 20011
Service Area: Wards 1 and 4
202-939-9020

IONA Senior Services
4125 Albemarle Street, N.W. Washington, D.C. 20016
Service Area: Ward 3 West of Rock Creek Park, Foggy Bottom, Dupont Circle areas
202-966-1055

Greater Washington Urban League Aging Division
2900 Newton Street, N.E., First Floor Washington, D.C. 20018
Service Area: Wards 2 (*Downtown & Shaw Areas*) and 5
202-529-8701

UPO Senior Services
1649 Good Hope Road, S.E. Washington, D.C. 20020
Service Area: Ward 6
202-610-0299

UPO/Project KEEN Comprehensive Senior Services
4025 Minnesota Ave., N.E. Washington, D.C. 20019
Service Area: Ward 7 (*excluding Kingman Park*)
202-388-4280

Senior Citizens Counseling & Delivery Service
2451 Good Hope Road, S.E. Washington, D.C. 20020
Service Area: Ward 8
202-678-2800

SPRING CLEANING
Homecare Partners announces a new program funded by the D.C. Office on Aging to support caregivers of seniors.

The Spring Cleaning program provides an annual, thorough cleaning in the home of a D.C. senior (60+), including refrigerator, oven and stove cleaning, mopping, and other heavier cleaning tasks. This program is designed to lessen the burden often placed upon caregivers when their loved ones are unable to independently give their homes a good "spring cleaning."

To be eligible, the senior must live in D.C. and have a primary caregiver who also lives in D.C. The caregiver can be of any age and does not necessarily have to live with the senior.

To make a referral for a home visit assessment or receive additional information, contact:
Home Care Partners
202-638-2382

D.C. OFFICE ON AGING NEWSLETTER

*Salute to D.C.***Salute to D.C. Centenarians**

The D.C. Office on Aging, the Historical Society of Washington and the United Planning Organization sponsored the 16th Annual Salute to District of Columbia Centenarians. The event was attended by 22 residents who were presented with ribbons by the Mayor. First time attendees received medallions from the Mayor as well. All centenarians registered with the office received certificates saluting their 100 years or more of living.

The Potomac Rascals, a barbershop quartet, performed at the event, and Ms. Senior D.C. Daisy J. Savage recited a poem she composed in their honor.

**Centenarians 2002
ROLL CALL**

Teresita Aviles 10/15/02
Ema Bailey 8/23/02
Vernice H. Bailey 10/16/01
Janie Ballard 1/3/00
Mattie Bell 12/8/01
Angelo Bernardi 6/13/99
Louise Bond 9/24/00
Pearl Brandon 7/6/02
Letha B. Brooks 1/1/00
James R. Brown 6/3/01
Susie R. Brown 7/26/98
Sadie Bruton 4/7/02
Hood Byers 10/27/00
Agnes Caldwell 8/12/98
Eva B. Calloway 9/28/99
Mamie Carp 10/25/02
Mamie Carter 3/3/99
Rupert Clark 5/27/98
Ruth Compton 8/27/97
Lavinia Craig 8/8/01
Elmira Curtis 3/4/98
Blanche M. Davis 12/22/98
Henrietta Davis 1/3/00
Mamie Davis 3/12/02
Flora Dawes 2/22/00
Clara Dickerson 1/1/00
Viola DeLilly 8/17/00
Gladys Duncan 9/19/96
Carrie Easton 3/13/02
Martha Elliot 1/1/98
Ida Mae Harris 8/28/01
Bessie Hicks 9/27/02
Anna Ellis 4/12/01

Margaret Ennis 2/28/99
Charlotte Filmore 10/3/98
Alberta E. Forrest 5/1/99
Edna Fletcher 7/4/99
James Ford 3/19/00
Rosa Fryes 4/2/02
Ellen Frierson 2/28/02
Dorethea Gaines 1/18/01
Marguerite M. Gignac 4/29/99
CLarence Graves 4/8/02
Hattie Green 2/11/97
Lillie Green 6/30/98
Rebecca Goldwater 9/12/01
Gertrude Hall 1/23/97
Martha Hantzman 12/8/98
Mary E. Hargrave 5/15/99
Anna E. Harris 7/4/00
Gladys M. Harris 4/20/99
Ida Mae Harris 8/28/01
Bessie Hicks 9/27/02

Alberta Higginbotham 3/20/01
Edith Hirsch 11/2/99
Rachel Hodge 11/4/98
Evangeline Jeffcoates 1/8/00
Bertha Jones 5/17/99
Edith Irene Jones 6/17/99
Sarah Jones 10/19/01
Thalia Kennedy 9/25/00
Kathryn Kirk 2/9/02
Eva Lawson 5/29/98
Ida Levine 9/25/00
Mamie Logan 12/12/97
Hattie Livingston 1/1/98
Vivian Maizell 11/18/00
Daisy Marshall 1/26/00
Hattie Mathis 3/7/96
Mark Matthews 8/7/94
Vance McBride 9/1/01
Arthur B. McCarthy 5/15/01
Willie Mae Medlock

Rosetta Minor 9/6/00
Sylvia Minor 1/28/00
Augusta Moore 1/17/02
Ella Nelly 9/18/99
Anna Noonan 9/17/00
Christine Perry 7/7/98
Rosa Pissarra 10/5/01
Lillian Powell 9/27/01
Louise M. Powell 11/6/99
Gladys Pratt 12/2/96
Margaret Prickett 3/16/98
Bessie Proctor 9/15/01
Alyce C. Quander 10/26/00
Walter Ruth 9/6/02
Clara Rubino 6/22/02
Margaret Samuel 1/26/01
Sadie Gilbert Scott 9/13/00
Harry Shapiro 12/25/00
Clara Shaw 7/25/99
Wesley Speller 2/18/99



D.C. OFFICE ON AGING NEWSLETTER

Centenarians



Emma B. Spies 3/17/01
Mary Spriggs 8/19/99
Emmett Stevens 9/7/00
Edna Thomas 11/29/01
Ethelyn Thomas 1/21/99
J. Maurice Thomas 1/21/98
Arthur Tintorri 10/3/01
Tonsa Warner 4/20/02
Grace Washington 7/13/96
Annie Ethel Waters 8/28/97
Mae West 2/02/00
Mary A. White 3/20/98
Louise Wilkerson 1/20/00
Della P. Williams 12/12/00
Eddye Williams 1/4/00
Frances G. Williams 2/28/99
Myrtle Williams 10/30/97
Franz Wolf, PhD. 6/15/00
Pearl Yancey 2/4/02

**SPOTLIGHT
ON AGING**

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Executive Director
Darlene Nowlin, **Editor**
Charles Ramsey and Lateef
Mangum,
Photographers



Mayor Anthony A. Williams is pictured with Mrs. Virginia Hayes Williams, Commission on Aging Chair Alethea Campbell, and Daisy Savage Ms. Senior D.C. 2002.



Potomac Rascals, the barbershop quartet, sang at the 16th Salute.